



7nutslopet 2017
Gramstad / 09.09.2017

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Ole Morten Thingbø

□□: Sandnes IL
□□: 111

□□: 13.00 km
7nutsløpet

□□□□:
Mann

□□□: 2:02:07

□□: 6.39 km/h
□□□□: 9:24 min/km

□□□□□/□□□: 71 (of 155)

□□□□□/□: 58 (of 102)

□□□□□□: 1:23:07

□□□□□: 59(of 102)

□□□□□□□: 1:23:07

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Fodgstadnuten	-	9:50	-	49	3:01	49	3:01	-	9:50	-	49	3:01	49	3:01	
Dalsnuten	-	16:27	-	59	5:21	59	5:21	-	26:17	-	57	8:22	57	8:22	
Øvre Eikenuten	-	14:24	-	76	5:13	76	5:13	-	40:41	-	70	13:35	70	13:35	
Gramstad mellor	-	8:13	-	56	2:31	56	2:31	-	48:54	-	66	16:06	66	16:06	
Kollirudla	-	11:22	-	58	2:56	58	2:56	-	1:00:16	-	62	19:02	62	19:02	
Mattisrudlå	-	25:11	-	56	7:43	56	7:43	-	1:25:27	-	62	26:45	62	26:45	
Bjørndalsfjellet	-	13:40	-	52	4:08	52	4:08	-	1:39:07	-	60	30:53	60	30:53	
Gramstadtjønna	-	20:36	-	53	7:25	53	7:25	-	1:59:43	-	56	38:18	56	38:18	
Finish	-	2:24	-	75	0:52	75	0:52	13.00	2:02:07	-	59	39:00	59	39:00	